



THE OPEN UNIVERSITY OF SRI LANKA

FACULTY OF EDUCATION

CERTIFICATE IN PRE-SCHOOL EDUCATION PROGRAMME- 2017/2018

FINAL EXAMINATION

ESC1138/EPC1238 – HEALTH AND NUTRITION

DURATION – TWO (02) HOURS

Date: 15th June 2019 .

Time :10.00 a.m. – 12.00 noon.

Answer All Questions in Part I and any three (03) questions from Part II.

PART - I

01. State **four (04)** functions of food.
- 02 Name **four (04)** fat soluble vitamins.
03. List **three (03)** ways by which you could promote good eating habits in children.
04. Explain the term malnutrition.
05. Explain the procedure that should be followed when a child is subjected to a fainting attack.
06. Explain the importance of immunization.
07. State **four (04)** advantages of breast feeding for an infant.
08. List **three (03)** major causes of infant deaths in Sri Lanka.

(05 x 08 = 40 marks)

PART - II

09. i. State **six (06)** main nutrients in foods and divide them into **three (03)** categories according to their use in the body. (09 marks)
- ii. Explain the most important nutrients during pregnancy and state two (02) food sources for each which are suitable to gain the mentioned nutrients. (07 marks)
- iii. Plan a balanced diet for a breakfast of a pregnant mother. (04 marks)
10. i. Name **three (03)** home accidents that could happen to children. (03 marks)
- ii. Explain the first aid one that could be given in any one home accident that you have mentioned above. (08 marks)
- iii. Describe **three (03)** strategies that can be followed by parents to minimize the home accidents. (09 marks)
11. i. Name **three (03)** diseases transmitted through air. (06 marks)
- ii. Explain the symptoms of any disease that you have mentioned above. (05 marks)
- iii. Discuss **three (03)** strategies that can be taken by the Sri Lankan government to prevent contagious diseases. (09 marks)

12. i. Explain what is meant by 'food hygiene' (06 marks)
- ii. Explain **three (03)** healthy practices that should be consider when handling food. (06 marks)
- iii. Describe **two (02)** ways of application of heat in cooking. (08 marks)
13. i. State **four (04)** rules with regard to food that will make children healthy. (04 marks)
- ii. Explain **two (02)** nutrition related problems, which are common in pre-school children. (08 marks)
- iii. Mention **four (04)** types of foods and its' quantity that should be included into the daily diet of the pre-school child. (08 marks)

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